



The Thompson Times

Your resource to age well

NOVEMBER 2023



Celebrating our Veterans Thursday, November 9, 11:45 am

The Thompson annual Veterans Day lunch and ceremony is a poignant celebration as we honor those who have served and who continue to serve. In recognizing our Veterans, we invite you to join us at 11:45 am as the American Legion leads us in a short ceremony around the flag. A group photo will be taken. Immediately following we will enjoy a meal of *Shepherd's Pie, Garden Salad with Mixed Greens, Tomatoes, Cucumber, Oranges and Beets with Maple Vinaigrette, Roll, Ice Cream Sundae with Fruit Topping.*

We ask that you make reservations as space is limited. Reservations are on a first come, first served basis. Free meal for Veterans.

Thank you to all of our Veterans for your service and your sacrifice which will never be forgotten. *The Thompson will be closed on Friday, November 10 in recognition of Veterans Day.*



Things That Matter:

What Things bring you joy, magic & meaning?

Mondays, Nov 6, 13, 20 & 27, 1:00 pm

What photos &/or objects would tell your life story? We KNOW that the best things in life aren't things, but Things have a way of holding... memories of the people, places & experiences that make up the best things in our lives.

Former editor-in-chief of Life magazine, Bill Shapiro and his partner Naomi Wax, traveled the country asking people a simple question "What Thing brings you joy, magic & meaning?" Their beautiful book **What We**

Keep is a deeply moving representation of how objects hold our most significant stories.

Look around your home, your office, your self. Every Thing has a story, what Thing(s) tell yours?

Don't focus on your "valuable" things. Bill & Naomi found that no-one chose the Thing that brought them joy, magic & meaning held any monetary value. "*Our hearts are not accountants; we cling to the meaningful, not the monetary.*"

Join your friends, neighbors & family each week as we share a little bit of our personal history through the Things we keep. Bring in an object of sentiment each week based on the theme decided by the instructor. At the end of this 4 week series the instructor will gather photos of each persons items to assemble into a collective memento. Pre-registration is strongly encouraged.

Martie McNabb bio: I'm a personal historian/legacy artist who creates visual narratives from client's photo, document & memorabilia archives. I'm also an interactive story-sharing heartist who helps people create deeper connections, community & legacy by holding space for them to share the stories of the Things they keep aka the Things that matter. What photos or objects do you hold dear?



The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
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Culinary Assistants: Lanie Orcutt, Louise
Blakeney, Sally Weglarz, Ed Esmond

Drivers: Tom Morse, Brian McGinty,
Carl Hurd

Senior Solutions (Formerly Council of Aging
for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Tri-Valley Transit 802-728-3773

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BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- This year's Annual Meeting is on Wednesday, October 25, 10:30 am. Sign up in advance. Deanna shared some goals for the coming year.
- Morgan reported on upcoming trips and programs:
 - Warrens Lobster House trip, Eye Care Talk, Smart Driver Class, Writing Classes and Alzheimer program
- Participant comments:
 - yes to a movie and pizza day, more European trips, Interest in VSO trip again, enjoyed piano music on Birthday day, prize this year for best Halloween costume

Please join our next meeting on November 6 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

Please sign up for all programs and events in advance by contacting Morgan Heavisides at mheavisides@thompsonseniorcenter.org or 802-457-3277 ext. 6

Thank You 2023 Sponsors!



EVENTS & PROGRAMS

alzheimer's  association®

800.272.3900 | alz.org*

Age Well Education Series: How to Communicate with people with dementia Monday, November 13, 1:00 pm

Family caregivers and anyone caring for people living with Alzheimer's disease and other dementias can learn helpful communication strategies during this program presented by the Alzheimer's Association. During Effective Communication Strategies, attendees will learn about the importance of attitude, tone of voice, facial expressions and body language when communicating with a loved one who has Alzheimer's disease. As people with Alzheimer's and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. "Wherever you are in your journey as a caregiver to someone living with Alzheimer's disease or dementia, this will provide you with valuable information," said Jordan Cotto, Program Manager for the Alzheimer's Association Vermont Chapter. "You'll learn more about Alzheimer's disease and dementia and how to better communicate with your loved ones or community members you encounter. These programs will help individuals become better, more supported caregivers." The program explores how communication takes place when someone has Alzheimer's, how to decode the verbal and behavioral messages delivered by someone with dementia and identifies strategies to help connect and communicate at each stage of the disease. Register in advance through The Thompson.

International Connections Monday, November 20, 11:00 am

Two foreign exchange students studying at the Sharon Academy present on the history and culture of their home countries, Georgia and Turkey.

Grandchild of The Ottoman Empire: Türkiye
Aleyna Aydogan, 15 yr. old from Turkey

Georgia: A Hidden Gem of Eurasia
Mariam Gurchumelia, 17 yr. old from Georgia



Take a Holiday Trip with The Thompson!

VSO Holiday Pops at the Paramount Theater in Rutland, VT

Cost: \$90, includes transportation, ticket, and

3-course dinner at the Foundry in Killington

Sunday, December 10th

Depart The Thompson at 1:45 pm for a 3:00 pm Matinee

Vermont's own indie-soul queen Myra Flynn joins the VSO for its annual family-friendly orchestra holiday concert conducted by VSO Music Director, Andrew Crust. We'll explore familiar melodies, bring some jazz flair to a holiday classic, and enjoy Flynn's soulful voice as she brings to life Christmas carols, folk music, and one of her own original compositions. We'll also spotlight VSO Assistant Concertmaster Kathy Andrew as our violin soloist for Vivaldi's enchanting piece. An audience holiday sing-a-long is included!

Holiday Bazaar & Cookie Walk Saturday, December 2, 9am - 1pm

Please join us for this annual holiday event where you'll find a great selection of unique holiday gifts, handmade pottery, ornaments, jewelry, knitted and felted items, wreaths, homemade goodies, jams, jellies, pickles, and more! Santa will visit and we are bringing back our popular Cookie Walk as an in person event.





Vision Talk with Dr. Fields Thursday, November 16, 10:00 am

Dr. Fields will be joining us for an up-to-date discussion of aging, vision and eye health. He will be discussing how our visual needs change as we age and what we can do to improve our vision and slow down the aging changes that naturally occur.

Dr. Fields is a 1994 graduate of the Pennsylvania College of Optometry and completed his residency at the Wilmington, DE Veterans Administration Medical Center. He has extensive eye care clinical experience in managing ocular diseases such as glaucoma, macular degeneration, retinal vascular disease, and dry eye.

Dr. Fields is in private practice at Fields of Vision Eye Care, in Lebanon, New Hampshire. It opened as a state-of-the-art comprehensive eye care facility in April 2011 and provides the latest in technological diagnostic equipment as well as the most advanced optical services that are available. Register in advance.

AARP Smart Driver Course

This 4.5 hour refresher course is open to all drivers 50 years and older
Friday, November 4th, 8:45 a.m. – 2:30 p.m. Lunch Break 12:00 – 1:00 p.m.
Cost: \$20 for AARP Members, \$25 for Others, Pre-registration is required.



The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and how to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. The class will address Vermont driving regulations, many of which have changed over the years. Many insurance companies offer a discount to drivers who have completed the class. Drivers who have qualified for a discount by taking the course must take a refresher course every 3 years. There are no tests.

Medicare Open Enrollment Period – 1:1 Assistance Available at The Thompson by Appointment Mondays from 9:00 am -3:00 pm

October 15 through December 7, 2022 is the Open Enrollment Period for Medicare Advantage Plans (Part C) and Prescription Drug Coverage Plans (Part D). During this time you are able to join a Medicare Part C or D plan. Your plan will take effect on January 1, 2024. If you already have a Medicare plan, this is the time to re-evaluate your health care needs and compare them to your current plan benefits. If you decide to stay with your current plan there is no further action required to renew it. Call The Thompson to make your appointment. 802-457-3277.



Eat Smart, Move More, Weigh Less

Eat Smart, Move More, Weigh Less is a 15-week ONLINE weight-management program based upon evidence-based strategies for weight loss and weight maintenance. Call the Thompson for more information and to sign up for a free access code. **Spaces fill up fast! Contact Morgan for details and availability**

Senior Learning Network Virtual Programming Continues at The Thompson

Please call to reserve your spot. Let us know if you would prefer to view from home or watch from the Thompson and leave the technology to us. 802-457-3277



Eisenhower Birthplace Historic Site: From Humble Roots **Tuesday, November 7, 2:00 pm**

Dwight David “Ike” Eisenhower was born in the bedroom of the two-story house in Denison, TX. on Oct. 14, 1890. He was the only one of David and Ida Eisenhower’s seven children born in Texas. Eisenhower was always the pride of Denison. The community acquired the Birthplace home in 1946 and he was hailed as a hometown hero when he came back to visit that year. He returned again on a presidential campaign trip in 1952, and Eisenhower Birthplace became a state park while he was president in 1958. He made his final visit in 1965 to dedicate the Eisenhower Auditorium at Denison High School (now Scott Middle School).

Acadia National Park: What makes Acadia... Acadia? **Tuesday, November 14, 2:00 pm**

Acadia National Park is mostly located on Mount Desert Island, the largest island off the coast of Maine. The park stretches across about half of the island, roughly divided by Somes Sound to create east and west sides. Join us as we showcase the diverse resources protected in Acadia National Park. From the mountains to the sea and everything in between, our park ranger will lead us through the beauty and importance of the park, as well as our own connections to the natural world.



Lewis and Clark National Historic Trail (NE) **Tuesday, November 21, 2:00 pm**

The Lewis and Clark National Historic Trail winds nearly 4,900 miles through the homelands of more than 60 Tribal nations! It follows the historic outbound and inbound routes of the Lewis and Clark Expedition of 1803-1806 from Pittsburgh, Pennsylvania to the Pacific Ocean. Follow the trail to find the people, places, and stories that make up the complex legacy of the expedition as our ranger leads us on this historic trail! Our program will cover information about the Lewis and Clark expedition, the hardships of the journey, and members of the legendary Corps of Discovery. Please join us as we go on an adventure into history!

Martin Luther King National Memorial (DC) **Tuesday, November 28, 2:00 pm**

Dr. King’s memorial is the first to honor an African American individual on the National Mall. This space is a place to contemplate Martin Luther King, Jr.’s legacy: a non-violent philosophy striving for freedom, justice, and equality.

Dr. Martin Luther King, Jr. was a Baptist minister and social activist who became a notable figure during the U.S. civil rights movement from the mid-1950s until he was assassinated in 1968. He played a pivotal role in ending the legal segregation of African American citizens in the U.S., influencing the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. He received the Nobel Peace Prize in 1964, among other honors. Join us as we take a virtual tour of the monument, and remember the man.



PROGRAM CALENDAR - NOVEMBER 2023

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|---|
| | | 1 | 2 | 3 |
| RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS | | 9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1 Bazaar Workshop | 10 Cribbage 12:30 Tech Support 3 Bone Builders | 8:45am AARP Smart Driver Class 10 Bingo 1 Mahjong 1-2 Walk with Ease |
| 6 | 7 | 8 | 9 | 10 |
| 9-3 Medicare Appointments 1:1 assistance 10 BINGO 1 Advisory Meeting 1 Things that Matter | 10-12 Memoir Class 11:30 Lucy Mac Pet Visit 1 Mahjong 1-3 Advanced Memoir Class 1:30 Art with Finnie 2 SLN: Eisenhower Birthplace 3 Bone Builders | 9:30-12 Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1 Bazaar Workshop | 10 Cribbage 11:45 Veterans Day Ceremony 1-3 Writing Program 3 Bone Builders | CLOSED for Veterans Day |
| 13 | 14 | 15 | 16 | 17 |
| 9-3 Medicare Appointments 10 BINGO 1 Age Well: Dementia Talk 1 Things that Matter | Reflexology 10-12 Memoir Class 12 Caregiver Support Group 12 Thanksgiving Dinner 1 Mahjong 1-3 Advanced Memoir Class 2 SLN: Acadia National Park 3 Bone Builders | 8:30 Board Meeting 9:30-12 Tai Chi 10 Movie and Pizza 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1 Bazaar Workshop | 9-2:30 Foot Clinic 10 Vision Talk with Dr. Fields 10 Cribbage 12:30 Tech Support 1-3 Writing Program 3 Bone Builders | 9 Pancake Breakfast 10 BINGO 1 Mahjong NO LUNCH SERVED |
| 20 | 21 | 22 | 23 | 24 |
| 8:30 Newsletter Folding 9-3 Medicare Appointments 10 BINGO 11 International Connections 1 Things that Matter | 9:30 Commodities 10-12 Memoir Class 11:30 Lucy Mac Pet Visit 1 Mahjong 1-3 Advanced Memoir Class 2 SLN: Lewis and Clark Historic Trail 3 Bone Builders | 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1 Bazaar Workshop | CLOSED | CLOSED |
| 27 | 28 | 29 | 30 | |
| 9 Benefits Assistance 9-3 Medicare Appointments 10 BINGO 1 Things that Matter | Reflexology 1 Mahjong 1-3 Advanced Memoir Class 2 SLN: Martin Luther King Memorial 3 Bone Builders | 9-2:30 Foot Clinic 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1 Bazaar Workshop | 10 Cribbage 12 Birthday Lunch 1-3 Writing Program 3 Bone Builders | |

MENU - NOVEMBER 2023

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|---|
| | | 1 | 2 | 3 |
| <p>*menu subject to change based upon product availability*</p> <p>*Please make requests for substitutions 24 hours in advance.</p> | <p>Suggested donation for guests ages 60 and over is \$7</p> <p>For guests under age 60, the meal price is \$12</p> <p>2% milk, juice, coffee, tea with all meals</p> | Southwestern Style Beef Chili with Black Beans, Corn, Sweet Peppers, Sour Cream and Scallions, Corn Chips and Salsa, Mixed Green Salad with Green Goddess Dressing Fresh Fruit | Baked Chicken Piccata with Lemon, Capers and Fresh Herbs, Rice Pilaf, Broccoli, Carrots and Cauliflower, Fresh Fruit, Peach Cobbler | Lentil Soup with Ham Tossed Salad with Craisins, Walnuts, Carrots, Cucumber and Tomatoes, Dinner Roll, Apple Crisp with Granola Topping |
| 6 | 7 | 8 | 9 | 10 |
| Slow Cooked Pork Chop with Root Vegetables, Soft Polenta, Garden Salad with Fresh Vegetables & Roasted Garlic and Herb Dressing, Fresh Fruit, Dinner Roll, Cookie | New England Style Clam Chowder Soup, Mixed Greens with Baby Spinach, Craisins, Apples, Carrots with Apple Cider Dressing, Roll, Fresh Fruit | Braised Chicken Thighs with Mushrooms, Parsnips, and Pearl Onions, Polenta Cake, Sautéed Green Beans, Tossed Salad with Ranch Dressing, Key Lime Pie | Veterans Day Lunch Shepherd's Pie, Garden Salad with Mixed Greens, Tomatoes, Cucumber, Oranges and Beets with Maple Vinaigrette, Roll, Ice Cream, Sundae with Fruit Topping | CLOSED for Veterans Day |
| 13 | 14 | 15 | 16 | 17 |
| Chicken Parmesan with Marinara Sauce and Mozzarella Cheese, Pasta Casserole, Steamed Broccoli, Caesar Salad, Yogurt Parfait with Fresh Fruit and Granola | Thanksgiving Dinner Roasted Turkey, Mashed Potatoes, Pan Gravy, Winter Squash, Green Beans, Cranberry Apple Sauce, Fresh Fruit, Pumpkin Pie | Pizza Chef Pizza Day MUST RSVP | Chicken Salad Sandwich On Whole Wheat Bread, Lettuce and Tomato, Cole Slaw, Blueberry Cobbler | 9am Pancake Breakfast Buttermilk Pancakes, Scrambled Eggs, Local Maple Syrup, Vermont Smokehouse Sausage Links, Potato Casserole with Peppers and Onions, Fruit Salad |
| 20 | 21 | 22 | 23 | 24 |
| Spaghetti Bolognese Style Sauce, Steamed Broccoli, Garden Salad, Cookie and Fresh Fruit | Roasted Chicken Breast, Rice Pilaf, Chef's Choice Vegetables, Mixed Green Salad, Dinner Roll, Strawberry Ice Box Cake, | Ham and Cheese Sandwich on Whole Wheat Bread with Lettuce, Tomato and Pickles, Potato Salad with Hard Egg, Celery, Sweet Peppers and Peas, Fruit Salad, Cookie | CLOSED | CLOSED |
| 27 | 28 | 29 | 30 | |
| Linguini Pasta with Clam Sauce, Steamed Broccoli, Mixed Green Salad, Dinner Roll, Blueberry Cobbler | Chicken Fricassee with Carrots, Peas and Mushrooms, Mashed Potatoes, Spinach Salad, Dinner Roll, Cookie | Baked Cod with Lemon and Fresh Herbs, Rice Pilaf, Sautéed Vegetables, Garden Salad with Creamy Dill Dressing, Dinner Roll, Mixed Fruit Crisp | Birthday Day Meat Loaf Made with Cloudland Farm Beef, Roasted Red Potatoes, Gravy, Brussels Sprouts, Fresh Fruit Cake and Ice Cream | |

Senior Swim at The Woodstock Athletic Club

Senior Swim offers an affordable option for local older adults looking for an indoor pool. The rate is \$8/visit and is restricted to use of the pool, or you can purchase a discounted 10-pack senior swim package for \$75 and valid for 12 months of use. The hours have been expanded to Monday through Friday 1pm-4pm. For more information contact The Woodstock Athletic Club at 802-457-6656.

The Ping Pong Place at the Little Theater

Mondays and Wednesdays, Drop in Play, 10:00 am – 11:30 am, All are welcome!

If you enjoy socializing and having fun, then playing ping pong is for you!

Try Gentle Yoga - It's Beneficial for Everyone

Offered by Yoga Instructor, Kathryn Mills

Wednesdays, 1:00-2:00 pm

Cost: 6 class punch card for \$90, or \$20 per class

Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced seated, standing, and reclining poses focusing on developing/increasing alignment, strength, balance, and flexibility. Modifications are offered and props are optional. No experience or flexibility required. Bring a mat if you have one, and a blanket if you like. *Pre-registration is required by calling The Thompson.*

Join Anne and Jane for Fall Tai Chi Classes

Wednesdays

The Wed. 9:30-10:30 beginners' class will incorporate Seated Tai Chi at every class. Doing tai chi in a chair turns out to have amazing power for stress reduction, and it improves posture and stability as well. We will also do standing form where working the balance becomes more important.

The class for those with experience in tai chi, Wed. 10:40-11:40, will continue reviewing Sun 73 Forms and welcomes new learners to join them. This group will also play with Yang 24 Forms, very gradually adding movements, but taking their time to get comfortable with the Yang style.

Suggested donation is \$3 per class, payable to the Thompson Senior Center. For more information, check out Anne's website: <http://www.annebower.studio/>

Bone Builders on Tuesdays and Thursdays, 3-4 pm

Led by Certified Instructor, Althea Derstine

The Bone Builders exercise program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures and can even reverse the negative effects of osteoporosis. The Bone Builders program is beneficial exercise for everybody. It includes stretching, balance work, and weight lifting. New students are always welcome and are asked to call The Thompson to register and obtain a medical clearance document to be signed by your medical provider.

Suspended Until Further Notice

Strength, Stretch and Stability Class with Instructor Liz Hatfield

Thursdays – In person and on Zoom 10:30 – 11:30 am

Tuesdays – Zoom Class Only 10:30 – 11:30 am

Cost: \$5 per class for in-person payable to The Thompson Center

CREATIVE AGING



Pizza and Movie Day at The Thompson

Wednesday, November 15, Beginning at 10:00 am

In lieu of our regularly scheduled lunch, we will be having Pizza from Pizza Chef, salad, beverages and popcorn

Come enjoy a day of movies and pizza. Some movie options include Oppenheimer, Barbie and Top Gun: Maverick. We'll vote on the day of the movie. RSVP

Art With Finnie from ArtisTree

Needle Felted Pumpkins

Tuesday, November 7, 1:30-3pm



Join Finnie to create this simple and festive felted pumpkin that is good for creating a colorful and cute centerpiece for the harvest table! Using needle and wet felting techniques I will walk you through the basic steps to create a little pumpkin - you choose your shape and color to match your creative preference. *Please register in advance.*

Beginner Bridge every Wednesday at 1:00 pm

Learn the game or improve your skills in a low intensity, friendly setting. Everyone welcome!
Coached by Bill Boardman, bridge teacher for decades.

The Art of Compelling Storytelling

Thursday, November 9, 16, 30, December 7, 14, 21, 1-3pm



Narrative non-fiction uses not only the tricks of fiction writing, but all of our senses, to create compelling, fact driven stories using detail, dialogue, scene setting and character building. Whether your interest is becoming a better storyteller for family and friends, or getting published, this course is for you. And an added benefit? By sharing stories and experiences with the class, you'll get to know people on a deeper level and make new friends.

Robin Gaby Fisher is a New York Times bestselling author and former director of the journalism program at Rutgers University. She shares a Pulitzer Prize and has been a finalist for the Pulitzer Prize in Feature Writing twice. The paperback version of her latest bestseller, Unmasked, debuts this fall. She lives in Woodstock with her husband, Loren, and their Bernese Mountain Dog, Pudge.

Introduction to Memoir Writing

Facilitator: Margaret Edwards

Tuesday, Continues through November 21, 10 am-12 pm

This introductory workshop is the “gateway” to all that might follow. People who have taken this course often will keep on writing, working on their own memoirs or on family histories, attending “Memoir Reunion Workshops.” To begin a memoir is not an act of egotism, it’s an act of generosity. Writing it, you will leave behind for family members—and for students of history—an account of your particular era as well as a narrative of your personal life. What lessons you’ve learned, what difficulties you’ve overcome, what people you’ve known who deserve commemoration, and what good fortune you feel you should celebrate—all of this is valuable and interesting. A class gives you the discipline to sit down and actually write, as well as an audience for your output. Fear you can’t get started? This class (and its facilitator) will get you going. Fear you don’t know how to organize all that’s happened? Be aware that starting is the hard part, and continuing is the challenging part, but shaping all that you’ve written—the final chore--will actually prove easy. So come on... *do it! Don’t just think about doing it!*

Homesharing is working in our Community!

We are actively seeking Homeshare host and guest applications. To learn more about Thompson Homeshare, please visit our website at <https://www.thompsonseniorcenter.org/homeshare/> or call Shari at 802-457-3277.

Fuel Assistance Program Reminder—Do not wait to apply!

It is time to sign up for Vermont's Seasonal Heating Fuel Assistance Program ("LIHEAP"), which can offset winter heating costs from a few hundred to even a few thousand dollars. This program can help you lower your bills whether you heat with oil, kerosene, propane, electric, coal, wood pellets, or cordwood. More information and 1:1 application assistance is available by appointment by calling The Thompson Center.

Senior Solutions Offers Benefits Assistance Hours At The Thompson

- VPharm (prescription drug applications)
- 3Sqs (money for food program)
- Fuel assistance
- Green Mt Power discount

Individual assistance is available at The Thompson by appointment every other Monday.

Local Flu Shots

The **Ottauquechee Health Center** offers flu shots by appointment:

Every Wednesday, 8:30 am – 11:30 am

Saturday 10/21, 11/18, & 12/16, 8:30 – 12 noon

Call (802) 457-3030 option 2 to schedule. You do not need to be a patient. High dose shots available.

Smilin' Steve Ottauquechee Pharmacy offers walk-in flushots:

Monday – Friday, 9:00 am – 4:00 pm

Walk-in only, but you can call ahead (802) 332-0015

The HUB can Help

If you live in Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading, or Woodstock and are experiencing financial distress, please contact The HUB to see how we can assist you.

The HUB is collaborating with our community partners to pool resources and to coordinate financial relief.

For ways to contact the HUB, apply online at <https://apply.thehubneighbors.org/form>, call 802-457-7214, email: apply@thehubneighbors.org, or pick up an application outside the Ottauquechee Health Foundation office at Simmons House, 30 Pleasant Street, Woodstock.



Caregiver Support Group Continues with Carla and Co-facilitator Anne Marinello

In-person 2nd Tuesday of each month at 12:00 pm, Virtual participation still available

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) on the 2nd Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges. **Please sign-up in advance for complimentary lunch.**

In-person Tech Support at The Thompson Appointments on the 1st & 3rd Thursdays of the month, 12:30 pm-2:30 pm

In collaboration with the Norman Williams Public Library, you can get 1:1 tech support at The Thompson. Bring in your mobile phones, laptops, iPads and any other type of tablet device you need help with. Multiple devices can be brought to one appointment. Call Shari to book your 1 hour appointment, and don't forget your passwords!

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Richard Schramm - books on thoughtful aging
 Jean & John Garren - apple cider
 Randy Wood - medical equipment
 Liz Romano - medical equipment
 In Memory of Penny March - medical equipment
 White Cottage - ice cream & French fries
 Flowers - in memory of Leah Atwood
 Brian Powell - subscription to Smithsonian Magazine

IN MEMORY OF

| | |
|---|---|
| Janet Maxham Alice & Robert Vincent Marina Murphy Eleanor Grice Daniel & Beverly Kenney Roswell & Susan Harlow II Janet Herrick Richard & Bonnie Atwood Bernard Strong Polly Foley Patty & David Godding Perri Maxham Paula Audsley & Tom Morse Rhonda & Dan Bruce Brian & Rosemary McGinty Keith & Ann Blake Gayle Karow Margaret & John Audsley Kathy Dudley | Joyce Phillips Susan O'Brien Marilyn & Roy Welch Fava Gayle Karow Margaret & John Audsley Kathy Dudley |
| | Wayne Wilson Edwin English Dennis Cogswell |
| | Barbara Scully Anne Herz |



Memory Tree for the Holidays

Each year a tree is set up in the foyer of The Thompson Center and is dedicated as a memory tree. For \$2 people can have an ornament placed on the tree with the name on it of someone they are remembering during the holidays.



NOVEMBER BIRTHDAYS

| | | |
|-----------------------|----------------------------|--------------------------|
| 1st Norman Boynton | 12th Constance Burnham | 22nd Sandy DiNatale |
| 1st Barbara Condict | 13th Loie Havill | 22nd Ruth Sauer |
| 1st Helen Earle | 13th Elizabeth Hollinshead | 22nd Peter Jensen |
| 2nd Elizabeth Deignan | 13th Susan Solomon | 23rd Joan Harvey |
| 2nd Doug Phillips | 13th Arlene Turner | 23rd Nancy Mills |
| 2nd Jeanne Ward | 13th Eva Peterson | 23rd Susan Wilson |
| 3rd Lindsay Heath | 13th Michael Kogel | 24th Carolyn Maynard |
| 3rd Betty Ann Lantz | 14th Constance Hitchcock | 24th Elizabeth Frederick |
| 3rd Eileen Orcutt | 14th Patricia Gould | 24th Jules St. Arnaud |
| 3rd Steve Wolkwitz | 14th Allen Buswell | 25th Margaret Maxham |
| 4th Sarah Roberts | 14th Susan Zuccotti | 25th Takis Hinaris |
| 4th Deb Henck | 14th Carol Corette | 26th Jim Smiddy |
| 4th Susan Pickett | 14th Patricia Flannagan | 26th Beverly Regan |
| 5th Carole Pickett | 16th Nathan Willard | 26th Bonnie Colby |
| 5th Wallace Orcutt | 16th Phil Dechert | 27th Fred Doten |
| 6th Nancy Winn | 18th Roy Bates | 27th James Ford |
| 6th Bill Corson | 19th Doris Dean | 27th Claudia Tupanjanin |
| 7th Bernard Strong | 19th Lisa Parsons | 28th Merle Sanderson |
| 7th Wendy Yoo | 20th Philip Tomlet | 28th Dora White |
| 8th Judy Mahood | 20th Regina Lawrence | 29th Mary Costella |
| 8th Lynne Bertram | 20th Carla Kruse | 29th Charles Rattigan |
| 8th Paige Hiller | 21st Pamela Jaynes | 29th Carole Sparkes |
| 8th Virginia Wise | 21st Sophia Stone | 29th Gregory Smith |
| 9th Bruce Gould | 21st Mary Croft | 30th Mario Gattorna |
| 9th James Bradley | 21st James Kachadorian | 30th Robert Evans |
| 10th Deanna Jones | 21st Jeanne Fallon | 30th Shirley Gramling |
| 10th William Emmons | 22nd Neal Campbell | |
| 10th Anne McKenna | 22nd Elizabeth Harper | |
| 10th Tammy Earle | | |
| 11th Susan Moor | | |
| 12th Rhonda Bruce | | |



The Thompson

Your resource to age well

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonseneiorcenter.org

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TRANSPORTATION

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

Local transportation to and from the Thompson Center is provided Monday through Friday between 8:30am – 3:00pm. Please call the Center to request rides with at least 24 hours notice. **Suggested minimum donation:** \$5 per ride round trip

Medical Rides to and from appointments to all Upper Valley providers can be arranged directly through Tri-Valley Transit at 802-728-3773. A minimum of 48 hours notice is requested for scheduling.

MISSION

The Thompson helps older adults to age well in our rural community. We provide timely support and services, and are a resource and advocate on issues related to aging. Our programs and activities foster the physical, intellectual, and social well being of our adult community to enhance dignity, self-worth, and independence.

Thank You to Our Transportation Sponsors & Grants



Sign up for our weekly e-news and/or an electronic version of our monthly newsletter by emailing Jen Bloch at: jbloch@thompsonseneiorcenter.org

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